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Obama outlines strategy for ISIS

U.S. president uses rare prime-time speech to lay out plan on fighting Islamic militants in Syria, Iraq [PAGE 10](#)

FORD IN HOSPITAL WITH TUMOUR DIAGNOSIS

TORONTO MAYOR UNDERGOING A SERIES OF TESTS [PAGE 8](#)



ZOMBIES CARE, TOO

The undead were out in full force on Jasper Avenue Wednesday, shuffling to promote an upcoming Stay Dead event, which is a zombie apocalypse simulation. The event is a fundraiser for the Edmonton Food Bank. RYAN TUMILTY/METRO

Most people want Whyte Ave. car-free: Survey

If approved. A part of the popular nightlife destination would be closed off to cars from 12 a.m. to 2:30 a.m.

 STEPHANIE DUBOIS
 stephanie.dubois@metronews.ca

Survey respondents gave the green light to shutting down parts of Whyte Avenue to vehicle traffic late at night, according to survey results the city released Wednesday.

Out of 2,040 respondents, 57 per cent of people "highly" support the idea, with an additional 20 per cent supporting the idea to shut down parts of Whyte Avenue to vehicles in theory, but still wanting more information.

Alternatively, 17 per cent of

people didn't support the idea, while six per cent were unsure.

"We received a lot of valuable feedback that we will evaluate as part of the overall proposal," says Angela Turner, program manager with Responsible Hospitality Edmonton in a media release. "We will now proceed with further engagement targeted to residents in the area."

The survey was done after Responsible Hospitality Edmonton brought forward the idea to shut down parts of Whyte Avenue for late-night pedestrians on busy Friday and Saturday nights.

If approved, the portion of the popular nightlife destination would be closed off to public traffic through manned barricades, but would still allow passage for city buses and emergency vehicles during the proposed 12 a.m. to 2:30 a.m. vehicle shutdown.

North-south traffic would be maintained on certain streets, which is also being deliberated as part of the plan. A designated taxi area would also be put in place outside of the barricades.

No decision has been made at this point, with city officials looking to do further public engagement with nearby community leagues like Garneau and Strathcona in addition to a survey currently being done on the Edmonton Insight Community.

After Oct. 8, an open house will be held to discuss ideas on the Car Free Whyte Avenue proposal.

Coun. Ben Henderson says if the city moves forward with the plan, it's essential that neighbourhoods are consulted.

"One fear that I think we are going to be on top of is that we don't push the traffic into the residential neighbourhoods."

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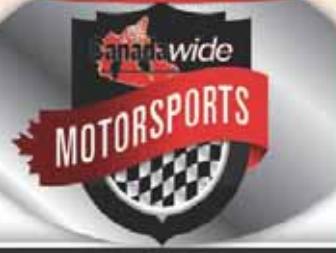
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FIVE THINGS YOU NEED TO KNOW TODAY

1

FESTIVAL STARTS

E-Town Fest takes over the Shaw Conference centre starting today with speakers and events running until Friday. The event is dubbed as a festival of ideas and creativity.

2

ONLINE SURVEY

The city wants to hear from you on the redevelopment of the city centre airport into the new community of Blatchford. An online survey is available at blatchfordedmonton.ca.

3

IT WAS ALL SHOW

Shia LaBeouf admitted yesterday to acting up at a Broadway show, pleading guilty to disorderly conduct in one of several episodes of bizarre behaviour he has displayed in recent years.

4

ROCK-STAR POPE?

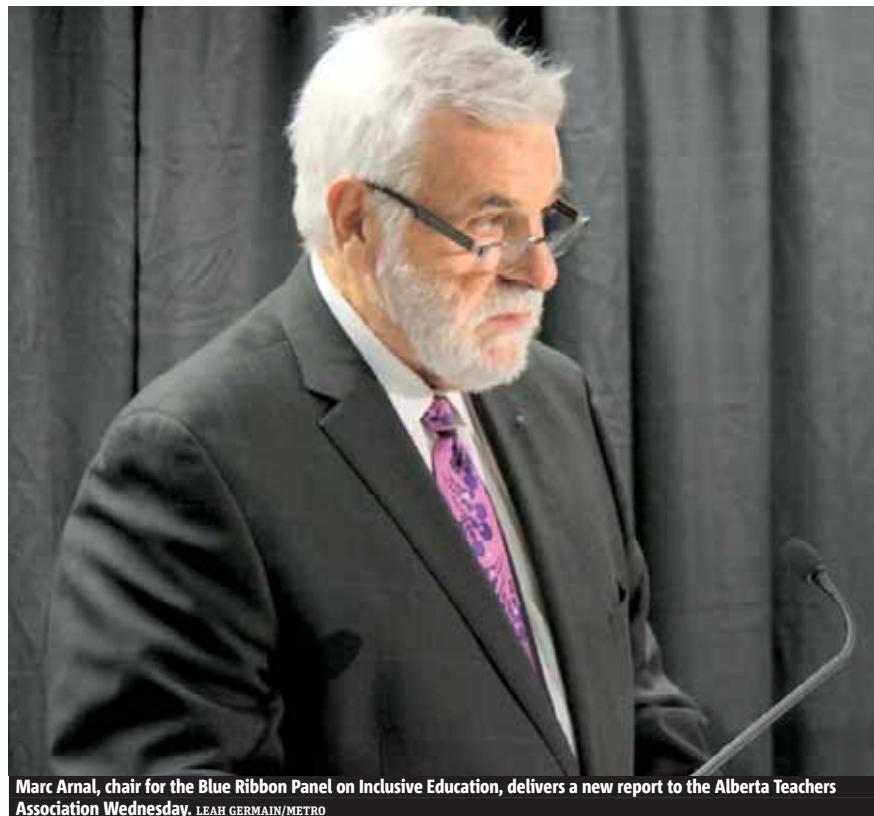
In the Philippines, life-size cardboard cutouts of the Pope are being distributed to churches, schools and malls to help build "papal fever" ahead of his visit.

5

PISTORIUS TRIAL

A judge is expected to render a verdict today in the murder trial of Oscar Pistorius. The South African athlete is accused of murdering his girlfriend by shooting at her through a door.

Teachers concerned over inclusive education model



Marc Arnal, chair for the Blue Ribbon Panel on Inclusive Education, delivers a new report to the Alberta Teachers Association Wednesday. LEAH GERMAIN/METRO

Students vary. New report gives learning initiative a failing grade

Just five years after it was first implemented, Alberta's inclusive education model has missed its mark, said the province's teachers Wednesday.

A new report commissioned by the Alberta Teachers' Association found flaws in inclusive education for the province as a result of a troubled implementation process.

"We found an erosion over time for supports for inclusion as complexity in the classroom continued to increase," said Marc Arnal, the chairperson for the Blue Ribbon Panel established to write the report.

Launched in 2009, inclusive education in the province was supported by the Setting the Direction Framework through Alberta Education.

"Struggling alone and muddling through is just not the Alberta way," said Arnal, adding the panel has developed 38 recommendations for the government in order to correct

the problems.

The recommendations include added support for teachers and professional development, along with establishing an advisory board at the provincial, district and school level to ensure inclusive education is being delivered.

"From our perspective and from teachers in the field, it's the implementation that becomes paramount, because what happens in the classroom directly affects students obviously and that's where our concern (should) be focused," said ATA president Mark Rammankar.

Edmonton parent Karin Woodard said without the proper resources, having students with varying learning abilities in one classroom can have a negative impact on all students. "I honestly don't know how teachers do it, because there are various degrees of kids who need help in the classroom," she said. "Even with the aids it can be really disruptive to the other kids."

According to Alberta Education, the government spends \$400 million annually on inclusive education.

LEAH GERMAIN/METRO

1 NEWS



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Anti-gay and anti-trans slurs too common, says U of A prof

Nohomophobes.com.
Site creator says more awareness needed



LEAH GERMAIN
leah.germain@metronews.ca

Just days after an Edmonton Eskimo publicly apologized for using a homophobic slur during a game, the creator of a website designed to monitor derogatory words said the issue of homophobic insults are still widespread.

Nohomophobes.com, launched two years ago, collects the tweets featuring four words and phrases University of Alberta professor Kristopher Wells said represents forms of "casual homophobia."

"Casual homophobia is when someone says, 'I didn't mean to use that language in a derogatory way.' Words have consequences. Words shape people's realities, identities and futures."

Quoted

"Casual homophobia is when someone says, 'I didn't mean to use that language in a derogatory way.' Words have consequences. Words shape people's realities, identities and futures."

U of A professor Kristopher Wells

Words shape people's realities, identities and futures."

According to Wells, the site captures real tweets from real people in real time, demonstrating how common casual homophobic comments are.

"The last few days, it's had a complete resurgence," Wells said about the site. "We've had one of our best, most visited days to the website ever."

As Edmonton kicks off Suicide Awareness Week, Wells

said now is the right time to address the slurs, which can encourage isolation, alienation and sometimes suicide.

"It's very timely to talk about the impact of language during suicide prevention week, because suicide is one of the leading cause of death for our LGBT people," Wells said.

"The word 'faggot' ... to see it was by far and away (the most) commonly tweeted derogatory word of the four that we are tracking, it was a sobering reality."

As of Sept. 8, there had been 28,768,666 occurrences of the word "faggot" online.

Nohomophobes.com monitors four words: dyke, faggot, gay and no homo being tweeted by people around the world.

The site also includes a live stream, where users can watch the tweets in real time, along with details on the number of times the four phrases were used in a day, week or since July 2012.



Public transit highest commute mode at U of A



Public transit is still the most popular way students and staff get to the University of Alberta campus. COURTESY CITY OF EDMONTON

More University of Alberta students are relying on public transit to get to campus, according to university numbers.

A university-conducted survey of both students and staff found that 91.3 per cent get to campus via a mode other than single occupancy in a vehicle.

Alternatively, 83 per cent of undergrad students and more than 71 per cent of grad students surveyed opt for pub-

23 million rides

In 2013, there were more than 23 million rides done on public transit from all post-secondary students using the U-Pass, according to city data.

lic transit to get to campus, as seen in a survey done in March.

"That does bear out with our parking services people based on the number of parking permits we hand out," said Geoff Rode, director of operations for ancillary services with the university.

The city's U-Pass numbers show a similar story, with ridership numbers at the U of A jumping from more than 10 million in 2009 to more than 16 million rides on public transit in 2013.

More than 60,000 post-secondary students in the city use the U-Pass program, which allows students unlimited travel on ETS as well as St. Albert and Strathcona County transit systems.

University officials say the number of students opting to drive their cars to school is low, with only 8.6 per cent of undergrads getting behind the wheel, said Rode.

STEPHANIE DUBOIS/METRO

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Reducing 'annual rumpus'

City budgets to cover three years at a stretch

The city's great annual budget rumpus will come a little less often now as council gave the green light to multi-year budgets instead.

Councillors voted unanimously to have administration begin drafting operating budgets that cover multiple years instead of the current practice of budgeting just one year at a time. Coun. Scott McKeen voted for the change, but



initially expressed reservations that while the budget process could be messy, it helped people better understand city hall.

"This annual rumpus

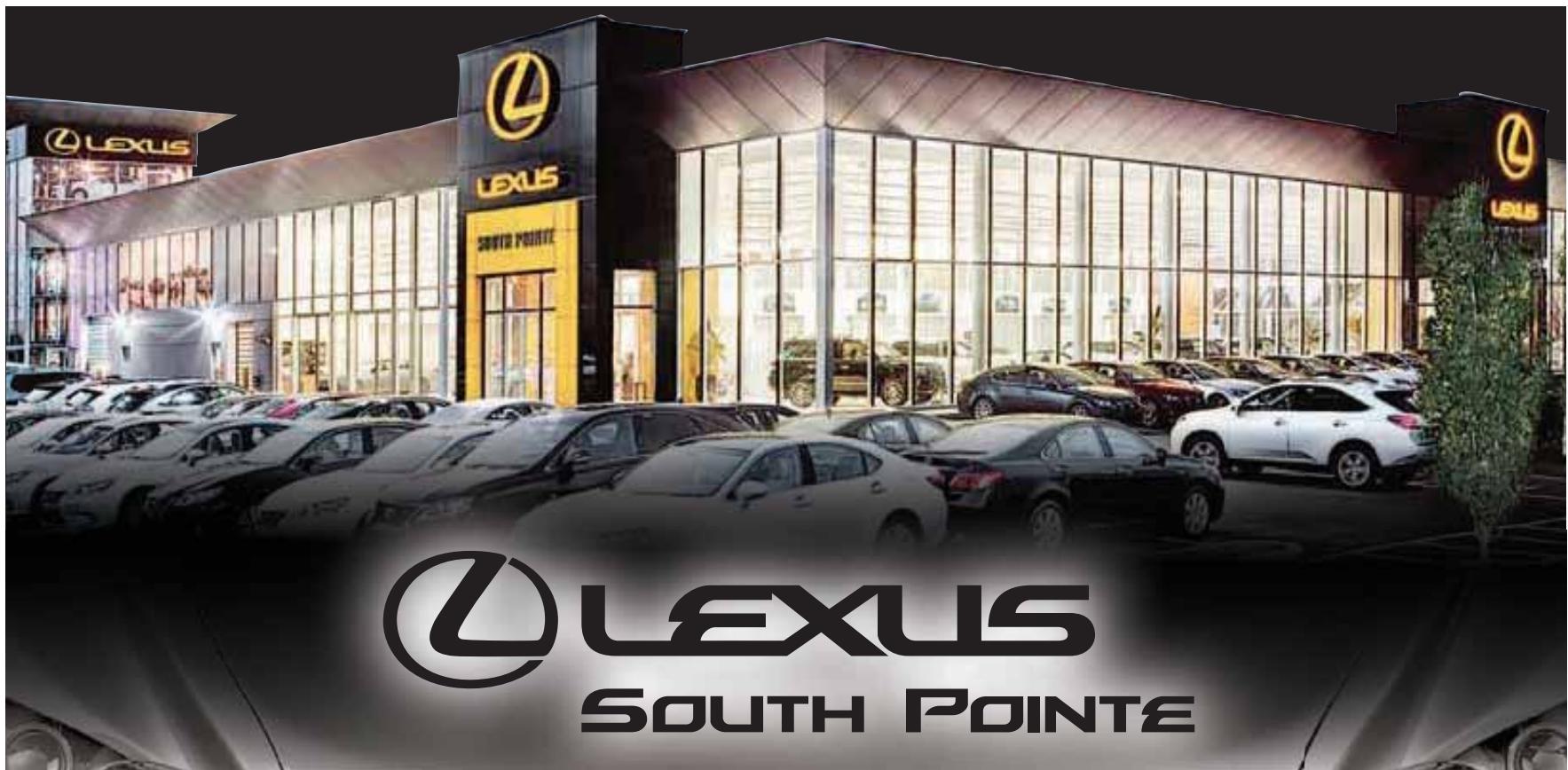
served a purpose in its inefficiency to inform citizens of Edmonton," he said.

Under the proposal, council would write a one-year operating budget this year and then a three-year operating budget running from 2016 to 2018. The budget could be tweaked each year, but the general course would stay the same.

Mayor Don Iveson believes it will be good for the city, because they will be able to think longer term.

"We will be more effective over time if we are able to make those preventive investments," he said.

RYAN TUMILTY/METRO



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Fallout. Power outages expected to persist as Calgary deals with snow

Tens of thousands of Calgarians remained without electricity Wednesday afternoon and many were expected to go without power overnight, as the city grappled with thousands of downed trees and branches due to heavy, wet snow.

"The situation is very dynamic," said Gianna Manes, CEO of Enmax, the Calgary-owned utility. "We are continuing to have additional outages at the same time as we are restoring power to locations."

Manes said it was impossible to know when power would be fully restored but crews were working at full pace.

As of late Wednesday, 30,000 customers had no electricity.

According to 311 reports, more than 2,000 trees or large branches had fallen on roads across Calgary after 10 to 15 centimetres of wet snow accumulated on still-leafy branches.



More than 2,000 trees or large branches fell on Calgary streets Wednesday. CANDICE WARD/FOR METRO

Mayor Naheed Nenshi said the cleanup will take days, possibly weeks.

City crews will be working with provincial forestry employees, the mayor said, to deal with all the debris.

"There will be night operations," he said.

Their work will also be supported by a partial deployment of Canada Task Force 2 (CTF2), the Alberta division of the national "all-hazards" disaster response team.

ROBSON FLETCHER/METRO IN CALGARY

Infill project splits council



The site of a contentious development at the end of 71 Avenue near the LRT tracks. RYAN TUMILTY/METRO

Belgravia.

Development gets approval, but some councillors insist that it's in wrong spot



RYAN TUMILTY

ryan.tumilty@metronews.ca

A potential four-storey walk-up in Belgravia split city council Wednesday over the proposed apartment and over support for infill development.

Changes to allow the building to be constructed at the end of 71 Avenue narrowly passed in a 6-4 vote on the project.

Coun. Dave Loken, one of those who opposed the development, said he supports infill but this project was wrong for the area and would weaken support for similar projects in the future.

"I just feel it is too much in one place," he said. "I don't want to scare people

Before and after

The parcel of land previously housed two single-family homes, but they have been demolished to make way for the new development.

with infill either."

Coun. Bryan Anderson, another development opponent, said the project would cause traffic problems and weaken support for future projects.

"We're simply trying to shoehorn in a building that is too big for this particular site," he said.

Coun. Scott McKeen said it is not enough for council to simply say they will support infill and then turn down specific projects. He said council can't get scared off supporting the idea simply because there is community opposition.

"There are people in communities that disagree with infill every time it arrives in a neighbourhood," he said.

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Dominatrix whips up a scene at Bill C-36 hearings

Terri-Jean Bedford.

Leather-clad opponent of prostitution bill threatens to expose politicians' hypocrisy, gets thrown out of proceedings

The controversial, leather-clad woman at the heart of the effort to rewrite Canada's prostitution laws delivered an unexpected whip-crack of drama Wednesday among the buttoned-down senators examining Bill C-36.

Terri-Jean Bedford, who calls herself "the most famous dominatrix in Canada," was tossed out of Senate hearings on the legislation after exhausting the patience of committee chair Sen. Bob Runciman.

Bill C-36 treats prostitutes as victims, seeking to protect them from almost all criminal prosecution. The bill instead targets pimps and johns, as well as others who



Terri-Jean Bedford prepares to testify at the Senate committee looking into Bill C-36 in Ottawa on Wednesday.

FRED CHARTRAND/THE CANADIAN PRESS

profit or trade in sex on an exploitative basis.

Supporters of the bill argue that those in the sex trade are forced into it by systematic issues of poverty, racism and sexism and deserve protection from the law. And they agree that going after those who are the instigators of the sex trade is

a way to better protect those women. Bedford, however, is not among them — and she made that abundantly clear Wednesday.

It's not the purview of the government to tell women when or how they can or cannot sell sex, she argued, whip in hand, as she threatened to expose politicians who supposedly avail themselves of the world's oldest profession.

When asked by Liberal Sen. Serge Joyal how the new law might affect her work, Bedford cracked her whip on the desk and said the new law would ensure she was back before government in 10 years, arguing the issue anew.

At one point, with Bedford's allotted time running down, Runciman asked Bedford to respect the rules of the committee, saying if she didn't, he'd suspend the meeting and have her escorted out. Bedford pressed on, so Runciman banged the gavel to end the hearing. Bedford was escorted out by security.

THE CANADIAN PRESS

"He was having left-lower-quadrant abdominal pain.... It's been going on for more than three months but today it became unbearable for him," Dr. Rueben Devlin said at a hastily called press conference Wednesday evening.

"Examination and investigation today revealed that he has a tumour. The mayor has been admitted to Humber River Hospital to allow for further investigation to obtain a definitive diagnosis."

Ford's brother, Coun. Doug Ford, said the mayor was coping well.

"He's in good spirits and just thanks everyone for all the well-wishes," the older

Ford said, adding that his brother hadn't complained of his abdominal pain to him in the past.

"He had stomach pain, I had breakfast with him today ... and he said his stomach was bothering him. He went to the doctor's and then the doctor sent him over to Humber and we're here today."

The mayor will be kept in hospital over the next few days as tests are conducted to determine more details about the tumour, Devlin said, adding that it was a CT scan that brought physicians to their early diagnosis.

"He's being investigated further and we need to determine exactly what type of tumour it is and then we can decide on what treatment is required," Devlin said.

Rob Ford is running for re-election in the city's Oct. 27 municipal vote. His brother wouldn't comment on how the tumour diagnosis might impact his campaign.

THE CANADIAN PRESS

Not the 'racist company'

Mistaken identity leads to hate mail at Ottawa business

"Is this the racist company?"

"Go hang yourself... today if at all possible."

They're just a sample of more than a dozen disturbing emails George Monsour said he's received in an awful case of mistaken identity.

One of his company's divisions, Ottawa Valley Carpet Cleaning, has been misidentified as another business that was ordered to pay \$8,000 to a job applicant for discrimination, he said.

The Human Rights Tribunal ruled last week that Ottawa Valley Cleaning and Restoration discriminated against Malek Bouraoui,

who is black, by telling him it "only hires white men" in a series of "abusive" text messages.

Monsour said his business, which has operated for eight years, has no affiliation to Ottawa Valley Cleaning and Restoration or any of its staff.

THE CANADIAN PRESS

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Toronto. Mayor Rob Ford hospitalized after being diagnosed with tumour

Toronto Mayor Rob Ford was diagnosed with a tumour on Wednesday after seeking treatment hours earlier for "unbearable" abdominal pain.

The CEO of the Humber River Hospital told reporters the mayor has dealt with abdominal pains for more than three months.

"He was having left-lower-quadrant abdominal pain.... It's been going on for more than three months but today it became unbearable for him," Dr. Rueben Devlin said at a hastily called press conference Wednesday evening.

"Examination and investigation today revealed that he has a tumour. The mayor has been admitted to Humber River Hospital to allow for further investigation to obtain a definitive diagnosis."

Ford's brother, Coun. Doug Ford, said the mayor was coping well.

"He's in good spirits and just thanks everyone for all the well-wishes," the older

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60 Months	39 Months	\$9,197* Down	Payments Waived ²

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© 2014 Mercedes-Benz Canada Inc. 2014 GLK 250 BlueTEC 4MATIC™, 2014 ML 350 BlueTEC with Bi-Xenon package and Total Price \$43,500/\$65,154. **Total price of \$46,140/\$64,040 includes freight/PDI of up to \$1,995, dealer admin fee of \$495, air-conditioning levy of \$100, EHF tires of up to \$16, PPSA up to \$27.80, AMVIC fee of \$6.25, and all applicable taxes due at signing. *Lease Offers based on the 2014 GLK 250 BlueTEC 4MATIC™/2014 ML 350 BlueTEC 4MATIC™ are available only through Mercedes-Benz Financial Services on approved credit for a limited time. Lease example based on \$458/\$698 per month for 45/39 months. Down payment or equivalent trade of \$8,886/\$9,197 plus security deposit of \$500/\$700 and applicable taxes due at lease inception. MSRP starting at \$43,500/\$61,400. Lease APR of 3.9%/3.9% applies. Total obligation is \$29,969/\$37,105. 18,000/18,000 km/year allowance (\$0.20/\$0.30/km for excess kilometres applies). Finance example is based on a 60/60-month term and a finance APR of 1.9%/1.9% and an MSRP of \$43,500/\$61,400. Monthly payment is \$685/\$968 (excluding taxes) with \$6,987/\$8,667 down payment. Cost of borrowing is \$1,920/\$2,716 for a total obligation of \$48,029/\$66,725. 2First, second and third month payment waivers are capped for the 2014 M-Class up to a total of \$2,550 (including taxes) for lease programs and up to a total of \$3,150 (including taxes) for finance programs. †Additional cash credit of \$1,500/\$1,500 on 2014 GLK/M-Class (including AMG). Vehicle license, insurance, and registration are extra. Dealer may lease or finance for less. Offers may change without notice and cannot be combined with any other offers. See your authorized Mercedes-Benz dealer for details or call the Mercedes-Benz Customer Relations Centre at 1-800-387-0100. Offers end September 30, 2014.

Obama vows to lead coalition in attack on ISIS in Syria

Prime-time TV address. President pledges to engage Islamic rebels via multi-country coalition and U.S. airstrikes

In a dramatic shift, U.S. President Barack Obama has opened a new front in the fight against Islamic rebels, promising to lead an international coalition that will attack them on Syrian turf.

He used a rare prime-time speech to lay out a program that would have been unthinkable until recently: a multi-country fight in the Middle East, involving American airstrikes and special forces in Iraq and now Syria, as part of a



President Barack Obama gave no timetable for U.S. efforts against ISIS. SAUL LOEB/THE ASSOCIATED PRESS

broad counter-terrorism plan.

"We will degrade, and ultimately destroy, ISIL through a comprehensive and sus-

tained counter-terrorism strategy," Obama said, referring to the militant group also known as ISIS.

"We will hunt down terrorists who threaten our country wherever they are. That means I will not hesitate to take action against ISIL in Syria, as well as Iraq. This is a core principle of my presidency: If you threaten America, you will find no safe haven."

Obama carefully avoided calling it a war.

He added a familiar caveat, as he has at every step of the way in recent weeks as American military involvement in the region steadily increased, promising once again that combat troops won't be going back in: "We will not get dragged into another ground war in Iraq."

THE CANADIAN PRESS

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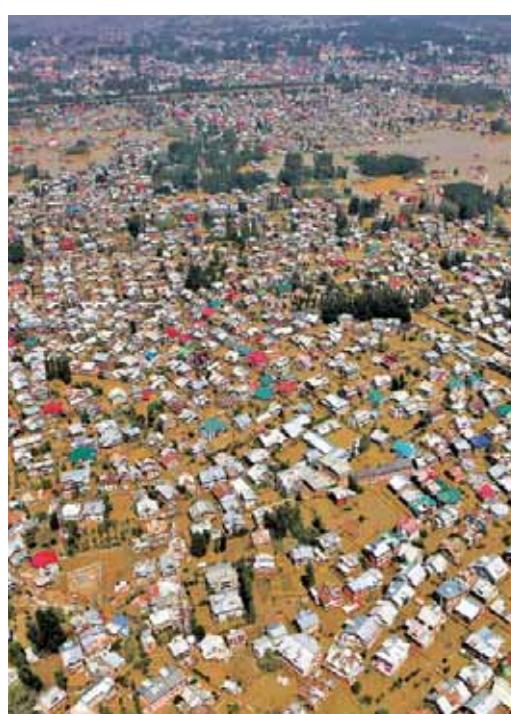
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"Number one job site" based on six-month average online job postings for period ending August 31, 2014. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2014 Workopolis.



Floods' death toll passes 400

An aerial photo shows buildings partially submerged in Srinagar, in Indian-controlled Kashmir, on Wednesday. Authorities said raging monsoon floods sweeping across India and Pakistan have killed more than 440 people. DAR YASIN/THE ASSOCIATED PRESS

Jail suicide. Segregated inmates at risk: Report

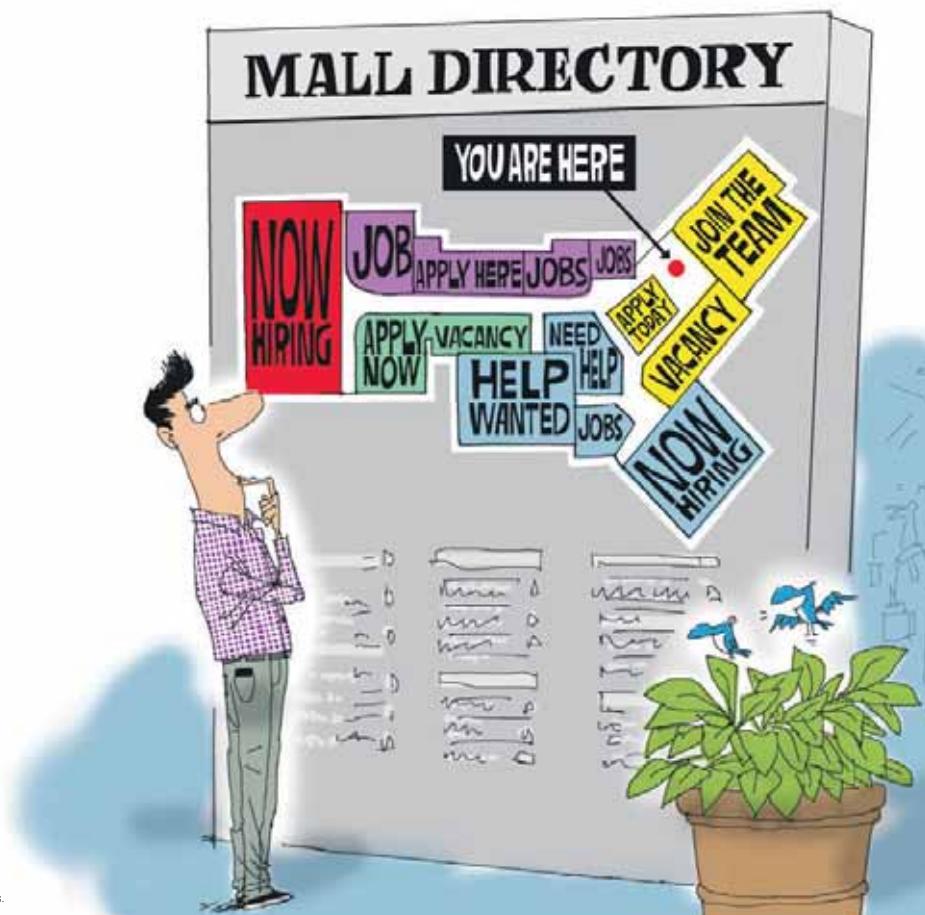
The federal prison watchdog says Corrections Canada must stop isolating mentally ill, suicidal or self-harming prisoners, saying inmates in segregation units are all too easily able to kill themselves.

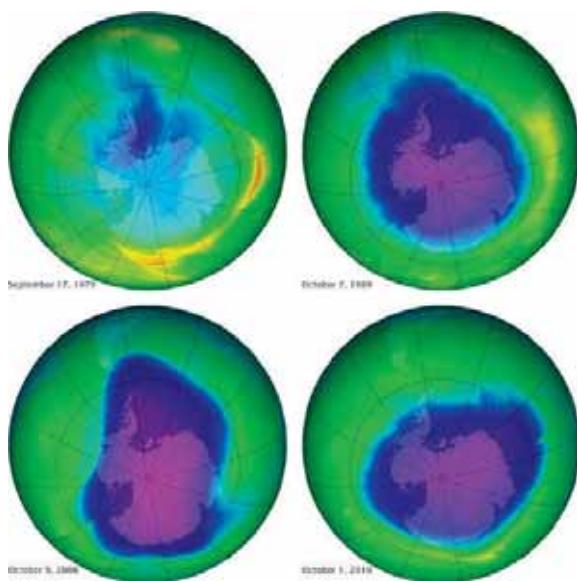
In a scathing report released on World Suicide Prevention Day, Howard Sapers says almost half of the suicides reviewed by the Office of the Correctional Investigator took place in segregation cells supposedly under close monitoring.

Sapers' office examined 30 suicides in penitentiaries between April 2011 and March 2014.

Twenty-five of those prisoners hanged themselves, 14 of them while they were in solitary confinement. Nineteen of the prisoners who hanged themselves had previously attempted suicide; seven had tried to kill themselves more than twice.

THE CANADIAN PRESS





This undated image shows the ozone layer over the years: Sept. 17, 1979, top left; Oct. 7, 1989, top right; Oct. 9, 2006, lower left; and Oct. 1, 2010, lower right. Earth's protective but fragile ozone layer is finally starting to rebound, says a United Nations panel of scientists. COURTESY NASA/THE ASSOCIATED PRESS

Ozone layer recovering: Scientists

But far from healed.
Protective layer still about 6 per cent thinner than in 1980

Earth's protective but fragile ozone layer is beginning to recover, largely because of the phase-out since the 1980s of certain chemicals used in refrigerants and aerosol cans, a UN scientific panel reported Wednesday in a rare piece of good news about the health of the planet.

Scientists said the development demonstrates that when the world comes together, it can counteract a brewing ecological crisis.

For the first time in 35 years, scientists were able to confirm a statistically significant and sustained increase in stratospheric ozone, which shields us from solar radiation that causes skin cancer, crop damage and other problems. From 2000 to 2013, ozone levels went up four per cent in the key mid-northern latitudes at about 50 kilometres high, said NASA scientist Paul A. Newman. He co-chaired the every-four-years ozone assessment by 300 scientists, released at the United Nations.

"It's a victory for diplomacy and for science and for the fact that we were able to

The pact

The ozone layer had been thinning since the late 1970s. Man-made chlorofluorocarbons, called CFCs, released chlorine and bromine, which destroyed ozone molecules in the air.

- After scientists raised the alarm, countries around the world agreed to a treaty in 1987 that phased out CFCs.

work together," said chemist Mario Molina. In 1974, Molina and F. Sherwood Rowland wrote a scientific study forecasting the ozone depletion problem. They won the 1995 Nobel Prize in chemistry for their work.

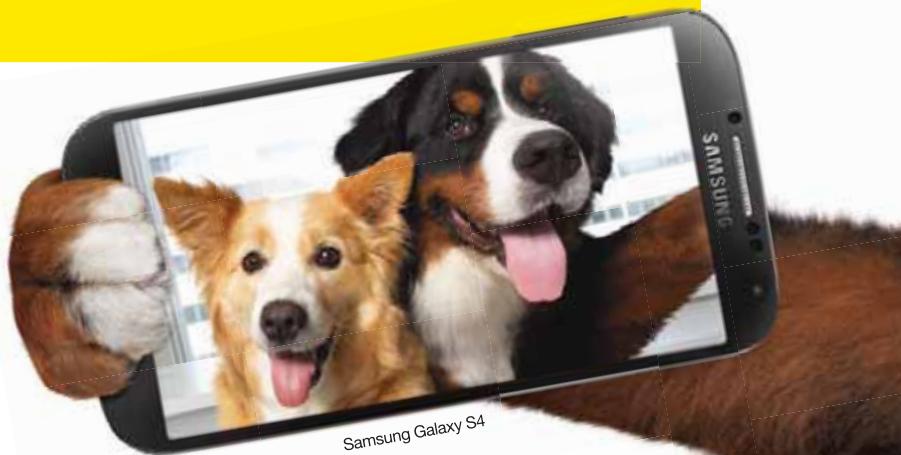
The United Nations calculated in an earlier report that without the 1987 pact that phased out CFCs, by 2030 there would have been an extra two million skin cancer cases a year around the world.

The ozone layer is still far from healed. The long-lasting, ozone-eating chemicals still lingering in the atmosphere create a yearly fall ozone hole above the extreme Southern Hemisphere, and the hole hasn't closed up.

THE ASSOCIATED PRESS



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The fate of the British pound will be front and centre in any separation proceedings between Scotland and the United Kingdom. THE ASSOCIATED PRESS FILE

What will happen to the British pound?

Sept. 18. As the vote on independence nears the fate of the pound hangs in the balance

In for a penny, in for a pound.

There'll be no going back if Scotland votes for independence from the United Kingdom on Sept. 18.

Opinion polls showing that may happen have prompted investors to sell off the British pound. If a knockout blow is dealt to Scotland's 307-year union

with England, that selling could accelerate as the U.K. plunges into a constitutional crisis.

The fate of the pound, which is also known as sterling and is one of the most tangible links of the union, will be front and centre in any separation proceedings, as it has been during the campaign.

The nationalists, led by Scotland's First Minister Alex Salmond, hope Scotland will still use the pound through a currency union with what's left of the U.K.—Wales, Northern Ireland and England. The main British polit-

ical parties, notably the Conservatives and Labour, say that's not going to happen.

Enmeshed are other complexities, such as the division of the U.K.'s debt mountain of 1.3 trillion pounds (\$2.1 trillion US) or so and whether Scotland would be part of the European Union.

Uncertainty reigns — a toxic backdrop for the world's fourth-most traded currency. With polls showing the referendum too close to call, the pound has fallen almost three cents this week to a 10-month low of \$1.6052 US Wednesday.

THE ASSOCIATED PRESS

CRTC. Proposed changes to broadcasting industry would hurt customers: Bell

Consumers will get less and pay more, and jobs will be lost, under proposals being debated this week to modernize television program delivery, the country's broadcast regulator has been told.

A throng of frustrated media executives warned of dire times ahead for Canada's TV world Wednesday as the Canadian Radio-television and Telecommunications Commiss-

ion held a third day of hearings on how Canadians get and pay for TV programming.

The CRTC has proposed that consumers be allowed to pick the individual channels they want from cable and satellite service providers, over and above a price-capped, trimmed-down mandatory service that includes mainly local channels.

THE CANADIAN PRESS

Market Minute



DOLLAR
91.45¢
(+0.30¢)

TSX
15,471.89 (-64.92)

OIL
\$91.67 US (-\$1.08)

Natural gas: \$3.96 US (+\$0.01)
Dow Jones: 17,068.71 (+54.84)

GOLD
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Thursday, September 11, 2014

VOICES

13

LIFE IN THE VACUUM-SEALED TUBE

Like so many other children, I spent my youth dreaming of a long transparent tube.

Specifically, I imagined a human-sized, vacuum-sealed tube that would extend from my front door and guide me around the world — through jungles and mountains and to cities more exotic than anything a New Brunswick boy could imagine. Shanghai, say. Or Saskatoon.

I'd be able to see the world's wonders, all within the safety of The Tube, which would proceed in a straight line — except for a slight adjustment to align with my back door.

The Tube was such a persistent daydream for me as a child that when Google Earth was released I checked to see where the route would have taken me.

It was barren rock, empty desert and ocean, save for a trip through Hiroshima's ground zero. The Tube makes you think. I'm reminiscing about it because I've decided to share a secret revelation with you, against my better judgment: The Tube



HE SAYS
John Mazerolle
metronews.ca

exists. Shhhh...

Okay, so there's no physical tubing. But everything The Tube provided in my imagination actually exists in today's world. Despite how world news leaves us feeling, most of the planet is safe, comfortable and there to explore.

It's a secret I don't like to share. I was recently in Malaysian Borneo, and distant tropical islands are much better for my DEET cred if you think they sound mysterious and dangerous.

My father, for one, always sounds surprised when I get back home from trips alive.

"So you made it, huh?" he says with the same "How 'bout that?!" tone you might have if you dropped a wristwatch in the tub and it kept working.

But the truth is, Borneo is comfortable, friendly, clean. Most of the planet is comfortable, friendly and clean. If you heard the phrase "Dr. Livingstone, I presume," you could bet it's because the barista wants to know what he should write on your latte.

Starbucks is, in fact, the first thing I saw when I arrived in Borneo, even before customs. And the only thing I encountered more often than wide smiles and lush greenery was KFC. ("Authentic Bangkok flavour!" the signs informed me.)

It's not just the persistence of corporations that makes distant travel more familiar than one might imagine. I had a mountain guide for a climb, and years of TV had me assuming he'd be old, wizened and weather-worn, explaining the mountain spirits and medicinal properties of the foliage.

Instead, he was a 20-something dude in a tank top, smoking a cigarette and checking his phone every time it got that damned alert that sounds like a person whistling. As for my phone, I got a strong, clear signal three-quarters of the way up the mountain, and later when I was 100 kilometres down a jungle river.

I talked to my mother during one call, in a conversation that revealed the secret to her. I was eating and she asked what I was munching on, assuming it was insects or something. It was Pringles. The vacuum-sealed tube is real.

It's the thrill of the fight



Artists, their bodies painted in the likeness of tigers, perform the annual Pulikali in Thrissur, in the southern Indian state of Kerala, Wednesday. Pulikali is a colourful recreational folk art revolving around the theme of tiger hunting, performed to entertain people during Onam, an annual harvest festival.
ARUN SANKAR K./THE ASSOCIATED PRESS

Artists transformed into big cats for Indian harvest festival

Two-hundred-odd years ago, the Pulikali tradition started and every harvest season it returns to the Indian state of Kerala for

Onam — the annual harvest festival.

During Onam, performers are transformed into tigers and hunters in bright yellow, red and black paints made from tempera and enamel. They dance to the beats of instruments, mimicking tiger hunts and tigers stalking their prey.

As with most traditions, there have been changes over time.

In the early days, dancers would paint themselves all over, but over the years masks were introduced, in addition to tiger teeth, tongues, beards and mustaches.

METRO

Etymology

Pulikali

Puli = leopard/tiger and *kali* = play in Malayalam, a language spoken in India, primarily in the state of Kerala.



SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 17 in Scene and page 26 in Sports.



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MetroTube

Coax Me ft. Choir! Choir! Choir!



ANDREW FIFIELD
andrew.fifield@metronews.ca



SCREENGRAB

Choir! Choir! Choir! is a Toronto project that gathers amateur singers into silver-voiced collectives. This week, to celebrate the 20th anniversary of Sloan's mighty Twice Removed album, they invited Chris Murphy and Jay Ferguson to join them for a lovely version of Coax Me — the best TR song that isn't Snowsuit Sound. (Choir! Choir! Choir!/YouTube)



Twitter

@metropicks asked: Apple unveiled its new iPhone6 with a larger screen, a smartwatch and a HealthKit. What should they do next?

@pohl1: Bluetooth Pregnancy test.

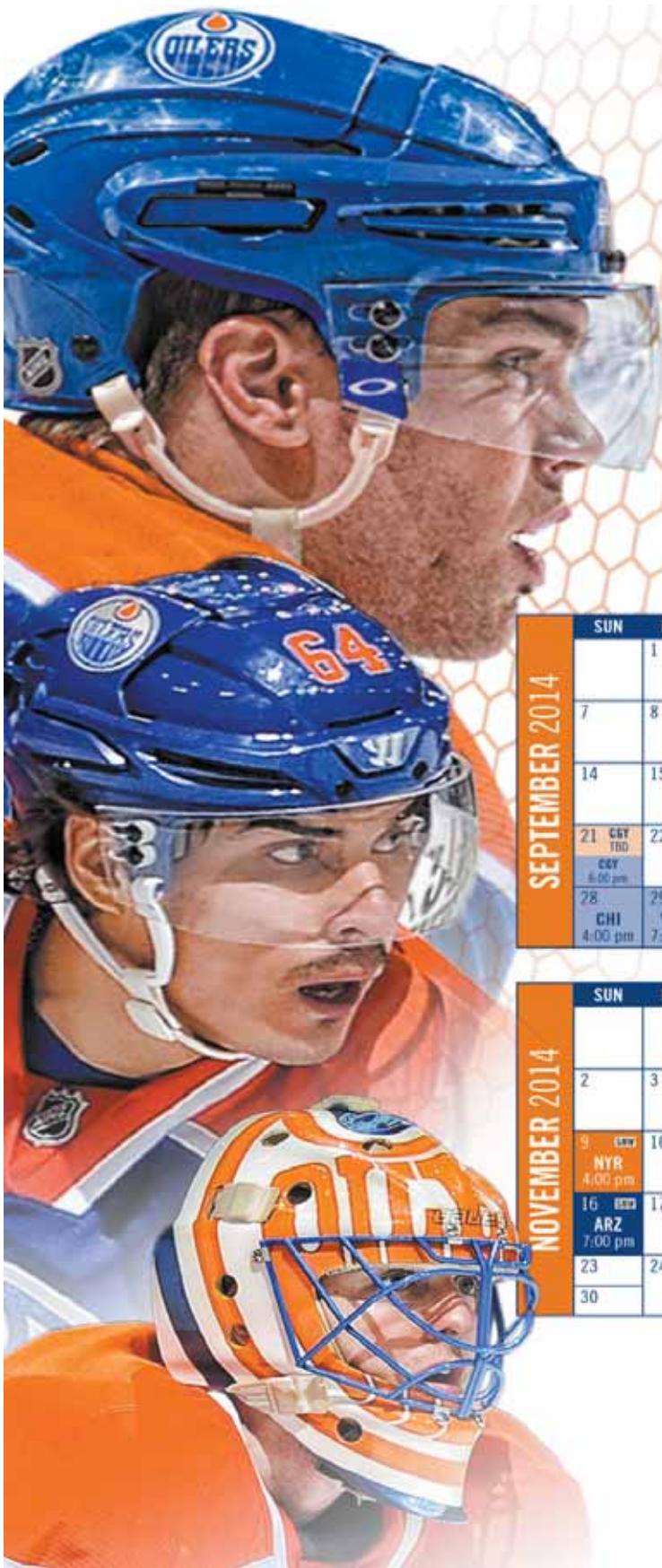
@JTProfile: Apple should move into the home security & automation business. All sorts of innovative gadgets to be made

@Canucklehead_ca: If I don't see an iGrandfather clock soon I'll know they're just wasting everyone's time. iSigh.

@TheOutspoken_1: Copy android some more. Android has had all those features for years.

The biggest ticket

ALL GAMES ON SALE



2014 OILERS SEASON

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21 <small>CGY</small> <small>TRD</small>	22	23	24 <small>WPG</small> <small>7:00 pm</small>	25	26	27
28 <small>CHI</small> <small>4:00 pm</small>	29 <small>WPG</small> <small>7:00 pm</small>	30				

SUN	MON	TUE	WED	THU	FRI	SAT
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HOME

AWAY

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SNW Televised on Sportsnet West
SNO Televised on Sportsnet Oilers
SNT1 Televised on Sportsnet ONE
SN360 Televised on Sportsnet 360

CBC Televised on CBC
CITY Televised on CITY TV

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et day of the year.

TOMORROW AT 10 AM

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SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
NYI 7:30 pm		DET 7:30 pm		CHI 7:30 pm		
11	12	13	14	15	16	17
FLA 5:00 pm		STL 6:00 pm		TBL 5:30 pm		FLA 5:00 pm
18	19	20	21	22	23	24
		WSH 5:00 pm				
25	26	27	28	29	30	31
		MIN 7:30 pm		BUF 7:30 pm		CGY 8:00 pm

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
	SJS 8:30 pm			PIT 6:00 pm		TOR 5:00 pm
8	9	10	11	12	13	14
NYI 5:00 pm	DET 5:00 pm	NYI 5:00 pm		MTL 5:30 pm		OTT 12:00 pm
15	16	17	18	19	20	21
WPG 6:00 pm		BOS 8:00 pm		MIN 7:00 pm	ANA 5:00 pm	
22	23	24	25	26	27	28
		MIN 6:00 pm			STL 8:00 pm	

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
LAK 7:30 pm				CHI 6:30 pm		
8	9	10	11	12	13	14
CAR 1:00 pm	DET 5:30 pm		PIT 5:00 pm	CBJ 5:00 pm		
15	16	17	18	19	20	21
TOR 5:00 pm		CBJ 8:00 pm		PHI 8:00 pm		
22	23	24	25	26	27	28
WPG 7:30 pm		COL 6:00 pm	DAL 7:30 pm			
29	30	31				
COL 7:00 pm)						

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
			ANA 8:00 pm	LAK 8:30 pm	CGY 8:00 pm	
5	6	7	8	9	10	11
		LAK 7:30 pm		SJS 7:30 pm	VAN 8:00 pm	
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

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Free family arts festival draws big-name entertainers

Kaleido Fest. D2D tops mainstage performers at three-day event featuring visual art, theatre dance and cultural activities



JENNIFER LARAWAY
Jennifer Laraway
edmonton@metronews.ca

Christy Morin knows good things come to those who wait.

As a founding organizer of the Kaleido Family Arts Festival, Morin, along with a team of artists and volunteers from Arts on the Ave Edmonton Society, has taken nine years to build a one-day festival into a three-day event packed with performances and interactive, family-friendly activities.

The event started as a grassroots initiative to transform 118 Avenue into a community arts district.

"We started from very humble beginnings," she says.

"The people that contributed to the festival in the beginning gave from the heart, and that has allowed the festival to continually grow."

Feedback from last year's festival gave Morin and her team the green light to go even bigger.

"We really listen to our festival goers. Last year, we heard a lot of people say they really wanted to see Delhi 2 Dublin," Morin explains.

So, as soon as last year's event wrapped up, Morin was on the phone booking the coveted band, also called D2D, for this year's festival.



Alberta Avenue hosts the ninth annual Kaleido Family Arts Festival from Sept. 12-14. CONTRIBUTED

The Canadian group is known around the globe for its Celtic music, blended with eastern influences.

With the main attraction locked down, Morin and her team built the rest of the show from there.

"This really is a labour of love over the whole year," she says of the event.

"We try to find the most creative and unique pieces we can. We are also inspired by what is going on in the

community and really try to listen to the wants of the people that live in the neighbourhood."

"Now, we have up to 12 performance spaces and three galleries with 250 artists involved. There are many layers to the festival's creative experience.

"People will experience everything from visual art galleries, theatre and dance to engaging in cultural activities such as fish-scaling

art and bannock making.

"Then they can head to the mainstage for big headliners that have come from all over Canada."

In addition to D2D, the Kaleido festival features indie soul group The Boom Booms, Métis dance troupe The Asham Stompers, and the dynamic duo Mandragora Circo.

Check out the full entertainment schedule online at kaleidofest.ca.

If you go...

- Kaleido Family Arts Festival runs Sept. 12-14.
- Admission is free, although donations are welcome.
- Events are hosted in various venues along 118 Avenue between 90 and 94 Streets.



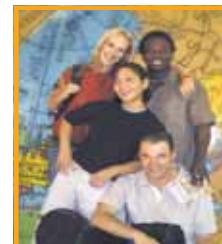
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There's an order to Mraz's album about love

Yes. Singer penned latest sticky-sweet album with female folk rock act Raining Jane

EMILY LAURENCE
Metro World News in New York

At this point, 12 years into his career as a coffeehouse-turned-arena playing singer-songwriter, Jason Mraz knows what works. He gets that his

fans want a mellow, light-rock album full of sticky-sweet love songs. So, when it comes time to record a new album, he doesn't feel the pressure to reinvent himself.

"I honestly feel that I've made the same record every time," he tells us. That being said, his latest album, Yes!, a complete collaboration with the all-female folk rock band Raining Jane, wasn't planned at all. Mraz and Raining Jane have been meeting up to write songs twice a year for the past seven years. "We had no agen-

da other than just meeting up to write and have fun," Mraz says. Some of the songs ended up on some of Mraz's past albums, while others became hits for other singers, such as John Mayer. After a few particularly rewarding sessions in 2013, Mraz liked the songs so much, he decided to bundle them up into one album, that being the newly released, Yes!

"It was a happy accident,"

he says. "We didn't actually know we were writing an album. I think that would have sounded a lot different had we sat around thinking, 'OK, this has to be on the record.'"

Even in an age where people often download songs one single at a time, Mraz is obsessed with the order in which the songs occur on the album and says it's something he thinks about constantly. In his opin-

ion, every album should tell a story, and each song is a fragment of that story. Not surprisingly, the songs on Yes! tell a love story. It starts out recognizing that you do love someone; that love is there. "There's a little heartbreak and discomfort, and we just have to accept what's meant to be. There's compassion in the love story. There's forgiveness. There's acceptance. And the resolve is

contentment, which is used to shine on."

Though Mraz is busy touring, he's already writing new songs. "The best material is always the stuff that needs to be written," he says. "It's the stuff that comes out of emotion, passion and the need to express or interpret something; to hear it back happening." From the sound of it, there's no shortage of love stories left to tell.



Scan this photo with your Metro News app to see one of those I'm Yours YouTube covers. GETTY IMAGES

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Taylor Swift ALL PHOTOS GETTY IMAGES

Perry has a swift response to Taylor's Bad Blood diss

Suspiciously soon after news spread of Taylor Swift's explanation that her track Bad Blood was about a pop contemporary she thought she could trust, Katy Perry took to Twitter with a Mean Girls reference: "Watch out

for the Regina George in sheep's clothing." We knew she was trouble when she tweeted that. It's unclear how Swift will respond but my money's on a Pinterest collection about Russell Brand.

Gwen emails her hubby a pic of pregnancy stick

Because of her busy schedule, Gwen Stefani had to inform husband Gavin Rossdale via email that she was pregnant with their third child, Rossdale reveals to Howard Stern.

"I got this email on the road, from Gwen, and the title was in capitals, 'Look what you did to me now,'" he says. "I was like, 'What is this?' My blood pressure went through the roof. And I opened the email, and it was the pregnancy stick."

The couple's third son, Apollo, was born last February.



Gwen Stefani

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OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Bieber's boxers fail to impress fashion fans



THE WORD

Dorothy Robinson
scene@metronews.ca

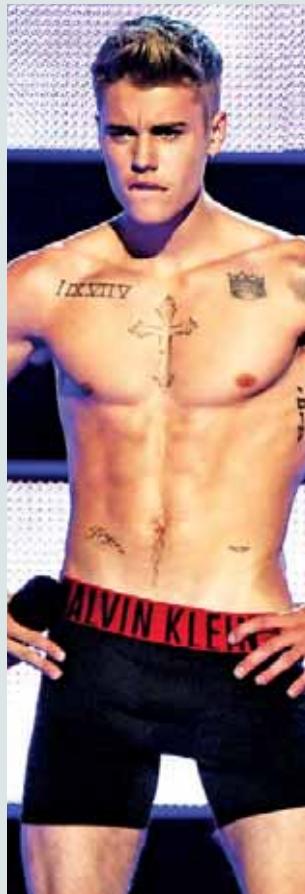
These days, it's a surprise to wake up and not find a surprising story about Justin Bieber.

The latest incident involves Canada's boy king receiving a less-than-friendly reception at the Fashion Rocks event in New York earlier this week, and responding by stripping down to his underwear in some bizarre misapplication of the fight or flight instinct.

Bieber was introducing singer Rita Ora alongside model Lara Stone when the crowd turned on him and he responded by bearing nearly all.

"Is that better?" he asked.

Justin, if you have to ask ...



Pharrell Williams

Pharrell's happy little idea a huge hit across the U.K.

This ought to make him happy: Pharrell Williams' ubiquitous pop hit, Happy, has officially become the most downloaded song of all time in the U.K., according to the Guardian.

"The people of the U.K. have been so supportive of me over the years," Williams

says. "That's the lifeline. Without them, you're just a musician with a couple of ideas. But with them, that is the thing that changes everything when they get involved, your little idea can become something."

Yes, something a lot of people will download.

Cara's little piggies went to the market for bacon

Cara Delevingne's love of bacon apparently outweighs her aversion to horrific pain.

The model revealed a new tattoo dedicated to the most delicious food ever ... on the bottom of her foot.

Delevingne posted an Instagram photo of the new tat, along with the caption "It happened" — which, come to think of it, could be the caption for every post on Instagram.

The tattoo, by the way, is just the



Cara Delevingne

word bacon with an ellipsis after. I do love me some good, well-placed punctuation, so good on you, Cara.

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I wanna be a part of it!

New York, New York.

We give you front-row access to three must-see shows as fashion month kicks off again in the Big Apple

RAQUEL
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Ohne Titel

The Look: Sexed-up sporty

The Runway: Designers Alexa Adams and Florence Gill used scuba-tight neoprene and revealing mesh to maximum (minimal?) effect in figure-hugging micro-dresses, printed fit-and-flare knit miniskirts (worn over matching leggings), and lots of bandeau tops, in stark black and white with shots of electric blue or pink.

Insta-worthy: The opening black-and-white neoprene dress, adorned with blue and



Models walk the runway at the Lie Sangbong Spring-Summer 2015 collection. GETTY IMAGES

green fringe.

Lie Sangbong

The Look: Lady Gaga meets Carolina Herrera

The Runway: Lie Sangbong was in a reflective mood this season, after a maritime disaster shook his native South Korea. But from that tragedy, he has spun a sartorial tale of hope and transformation. The crisp all-white tailored suits and draped dresses slowly morphed until they were ethereal gowns embroidered with kaleidoscopic collages of swirling butterflies and clouds.

Insta-worthy: The runway, made of 1,188 glass tiles featuring collage-to-photo prints by artist Jang Seung Hyo.

Thakoon

The Look: Moody paradise

The Runway: Thakoon Panichgul's vacation-enticing collection of relaxed



Those who thought Alexander Wang's sporty sci-fi babes too modest may enjoy Ohne Titel's contributions to Spring 2015. GETTY IMAGES

silhouettes (languid robes, silky cropped pants and bare shouldered blouses) seduced in a variety of prints (Tahitian florals, polka dots, palm fronds) done in lush

burgundies and blues.

Insta-worthy: The striped knit skirt with electric blue raffia fringe. No one will lose you in a crowd.

McConachie

Buying a home in McConachie lets you have it all, a brand new house, a northeast community with established amenities and a quick connection to everything you need.



Designer to watch

Keep your eyes on Baraschi



Before launching her own label, Romanian-born Yoana Baraschi earned her fashion keep designing for Faconnable, Cacharel, Mugler and Betsey Johnson. We chatted with Baraschi over breakfast and got her tips on how even the most colourphobic New Yorker can brighten up her wardrobe for spring:

Who is the Yoana Baraschi woman? Who do you design for?

I design for a woman who doesn't like to be defined by her age or her work. She's independent, unique, strong and bold. She likes to put things together her own way and likes to feel special when she's getting dressed.

What tips do you have for woman who want to try wearing more colours or prints?

Wearing it with black helps. It makes it less bold, so if you aren't used to wearing colour or prints, that's a good place to start. So if you have a black bandeau or black mesh pants, or even just black sandals, that can help you feel less lost.

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The perfect bedroom on a budget

With evenings getting darker sooner, it's the perfect time of the year to indulge in a few luxuries for the bedroom. Here are my top essentials when considering a bedroom redo



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

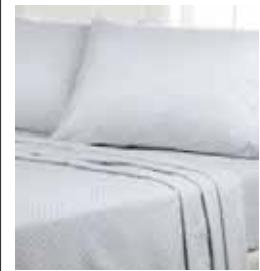


The right paint colour

Grey-based colours are better for those who like to wake to an all-dark room whereas yellow-based colours are for those that welcome the sunshine in the morning. The perfect fall bedroom colour is the mix of grey and gold; for example, Benjamin Moore's Old Soul CSP-65, BenjaminMoore.ca

The most comfortable bedding

Some like smooth sateen, some like the texture of linen while others like the cosiness of cotton flannel. Polka Dot Flannel Sheets, from \$25, Simons.ca



The perfect pillow

Get help with this one... Are you a back, side or stomach sleeper? There's a pillow for every position. Distinctly Home Performance Double Stuff Pillow, \$55, TheBay.com



A pet bed

A stylish pet bed will help make sure everyone has their own place for a good night's rest. Danazoo Extra Large Dog Bed, \$60, Walmart.ca



Proper lighting

Are you a night reader? Save space on your night table and hang a light fixture that lets you control the light. Lite Source Rhine Wall Lamp, \$170, BedBathAndBeyond.ca



Light control

Blackout drapes can make a room pitch black — perfect for shift workers or those that just hate waking up to sunlight. Mirage Blackout Curtain, \$45, Bouclair.com

Good storage

Out of sight, out of mind: Clearing the clutter means waking up in a room with a clear mind. Brimnes Storage Headboard, from \$130, Ikea.com



End of summer tidy-up made fun and easy

DIY. Try these easy ways to create extra storage space perfectly suited to the changing seasons

It's that time of year again: The days are getting shorter, the nights are getting cooler and boots and coats will soon clutter your home.

With fall right around the corner, maximizing space by decluttering and getting organized is a great way to ensure a smooth seasonal transition and create additional storage room. There are many ways to make the most out of your home. Here are some suggestions that can be quite helpful.

More transformations

To find out more about how you can transform your home into the space you've always wanted, check out the brand new series, *Sledgehammer*, Thursdays at 10 p.m. ET/PT on DIY Network Canada.

In the kitchen

Hang a plastic shoe organizer on the inside of the pantry door to bundle and store snacks or smaller kitchen items to make them easily accessible. If you don't have a large pantry, cut and adjust the shoe organizer to accommodate a smaller area. Install a pot rack on a wall or on your ceiling — this will allow you to hang up your pots and pans and create additional storage.

In the bedroom

Use storage containers to organize small and miscellaneous objects — store them under pieces of furniture like your bed — this is especially useful for shoes. A variety of shoe racks are also available in many different shapes and sizes. Remember that every area of the room can be utilized; even the corners can be used to mount shelves.

In the bathroom

Shelves are a great thing to have in every washroom — they are easy to install and can fit anywhere. Mount one above your sink to give you extra counter space and have

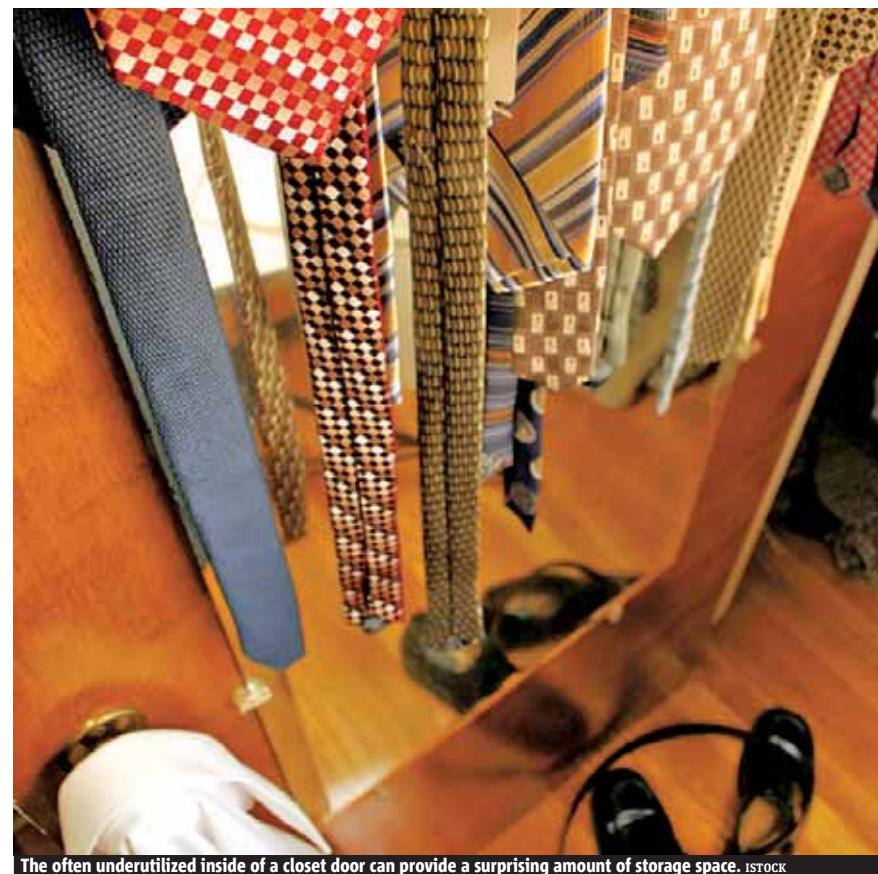
Don't tie yourself up in knots

Hang a rod on the inside of a closet door. It will keep you organized and give you a place to hang smaller items like scarves or ties.

easy access to things you use on a daily basis. Above the door is also a great place to have a shelf to store excess items like toilet paper or Kleenex. For small metallic items like scissors or nail clippers, stick a magnetic strip inside your medicine cabinet or a small area where you can hang them.

In the closets

Hang a rod on the inside of a closet door. It will keep you organized and give you a place to hang smaller items like scarves or ties. Pegs and hooks are also a good option to put up on the wall, especially for heavier items like sweaters and jackets. If you don't have a closet, find spaces in your home that are unused or take advantage of wall space, even extremely small spaces can be useful.



The often underutilized inside of a closet door can provide a surprising amount of storage space. ISTOCK

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All renderings are an artist's impression. All prices, size and specifications are subject to change without notice. E&OE.

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House ready, not house poor

The big purchase.

Before embarking upon the hunt for your first home, simple steps can help determine whether you are ready

JANE DOUCET
For Metro

There is no question that buying a home is one of the biggest and most complicated purchases you will ever make. It's no surprise, then, that when it comes to mortgages, many first-time homebuyers are overwhelmed by the amount of information that's available.

Deciding whether taking on a mortgage is right for you is something to seriously consider before you go house hunting.

"First-time buyers should understand, first and foremost, whether they're ready for home ownership," said Mary Stergiadis, the principal of On-

tario business development for Canadian Mortgage and Housing Corporation (CMHC).

That means thinking hard about if you have the time to look after a house and afford maintenance and repair costs, above and beyond the monthly mortgage payments.

If the answer is yes, the next step is to determine how much of a mortgage you can comfortably afford. A good tool to help you figure that out is CMHC's online affordability calculator. And an online budget calculator will help take into account other monthly expenses so you can see the bigger picture.

According to Stergiadis, it's a good idea to get preapproved for a mortgage before you begin house hunting.

"When you're preapproved, the lending institution can guarantee to hold the interest rate for a certain period of time," she said.

The preapproval process looks at how long you have been in your job, your credit history, any debt you have — it shows the whole picture of



Buying a home can be overwhelming — certainly more complicated than simply having it handed over. SHUTTERSTOCK

how much of a mortgage you can afford.

When you have found your dream home, you will need to buy mortgage insurance if you

put less than 20 per cent down. You can buy with as little as five per cent down and still have access to the same interest rates as someone with a 20

per cent down payment. The most important tip is to not buy a property that's beyond your financial means. "You don't want to be house

Mortgage terms

- Closed.** Typically offering the lowest interest rates, there are often penalties or restrictions to pre-payments and extra lump-sum payments.
- Open.** A flexible mortgage allows you to pay in part before the end of its term.
- Fixed.** A locked-in interest rate that won't increase for the mortgage term.
- Variable.** The interest rate fluctuates based on market conditions, but the mortgage payment doesn't change.

poor," Stergiadis said. "If you've done your homework to help you make an informed decision and you understand all of the costs involved, then you can buy with confidence."

For more, visit cmhc-schl.gc.ca/en/co/buho/hostst.

Remortgage or renegotiate?



Get help with all the mortgage rate math. SHUTTERSTOCK

Regular payments

- So you have finally got that lower interest rate. That means lower monthly payments, right? Mortgage specialist, Bob Labreque, of Ottawa, says it shouldn't. "Keep the regular payments that you've been making all along at 4.5 per cent, even if your rate comes down to three. Shorten the amortization and mitigate the penalty that you're paying."

people remortgage to access some equity to help their children pay for education or buy their first home, or they themselves want to invest in other property.

"I'm talking about people who have a lot of equity in their home," Rose said. "They've paid it down significantly."

The first step is taking a good look at your mortgage contract to see what you are permitted to do, he said. In most cases, remortgaging primarily to get a lower interest rate does not make financial sense. It's usually better to wait for your term to expire, and then negotiate a better deal for the next period.

Primed to know more

Residential prime mortgages are not new to Canada, but for many the question remains, what exactly is a prime mortgage?

"Prime is a classification of mortgage that generally reflects a high-quality borrower with good credit and employment, provable income and reasonable debt ratios," said Robert McLister, founder of IntelliMortgage Inc. and RateSpy.com.

"That's opposed to a non-prime mortgage in which the borrower(s) income/employment, credit and/or debt ratios are considered higher risk."

McLister says four out of five mortgage applicants are considered prime. People choose a prime mortgage because it offers the lowest borrowing cost and the most choice and flexibility.

CanadianMortgageTrends.com defines prime rate as a reference interest rate used as a basis for quoting other lending rates, like those of variable-rate mortgages and lines of credit. It used to be the rate at which financial institutions lent to their best customers, but that's not necessarily the case today.

McLister says there are risks for the homebuyer considering a prime mortgage.

Rate risk. Can they afford their payments with a potential 200 to 300 basis point rate increase at maturity?

Budgetary risk. Is there anything that could hamper their ability to debt service during the term? Examples are job loss, child responsibilities, excess spending, etc.

Qualification risk. Can they re-qualify for a mortgage if they port, need to increase the mortgage size, change jobs, or want to switch lenders?

Equity risk. If prices fell significantly and the



There are risks for homebuyers considering a prime mortgage, including contract restrictions. SHUTTERSTOCK

borrower's equity position evaporated, how would that affect them?

Contract risk. Are there restrictions in the mortgage contract that could come back to haunt the borrower before maturity? Example: Prepayment limitations, a fully closed term, porting limitations, restrictions on blending and increasing the mortgage, etc.

If today's prime rate is three per cent and you get prime minus 0.5 per cent, your 2.5 per cent mortgage is then tied to the Bank of Canada. If it changes the prime rate tomorrow, your payments will go up.

A fixed rate means your lender has bought you a mortgage rate at a set amount. They may get the money for 3.5 per cent, and charge you 4.5 per cent. But that rate won't change over the life of your contract, meaning you don't have to guess at your cash-flow requirements for the duration of the contract.

JON TATTRIE/FOR METRO

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Let's talk dirty — dirty food, that is

Inspired Lunches

Week. Pack this Steak Sandwich with Sautéed Onions and Blue Cheese for the big kids

"A good steak sandwich isn't always the easiest to come by," writes Carol Hilker in her book *Dirty Food*. "This sandwich, with rare steak, sautéed onions, Dijonnaise, rocket and blue cheese on French country bread is the answer!"

1. Make the Dijonnaise by

finely chopping the white onion and frying with butter in a medium saucepan. Add the cream and mix in the mustard. Season the mixture and simmer until the sauce takes a mustardy colour and is relatively thick.

2. Season the steaks with salt and pepper on both sides. Heat 2–4 tablespoons of olive oil in a medium frying pan over a high heat until it's very hot, almost smoking. Sear the steaks for 1 1/2 minutes per side and then reduce the heat to low and cook the steaks for about 3–4 minutes, turning once. Remove the steaks from the pan and

Ingredients

Dijonnaise

- 2 large white onions
 - 2 tbsp butter
 - 400 ml (1 3/4 cup) light cream
 - 3 tbsp Dijon mustard
 - Pinch of salt, ground black pepper, garlic, nutmeg, chopped fresh flat-leaf parsley, tarragon
- Steak Sandwiches**
- 2 x 350 g (12 oz) sirloin steaks/ New York strip steaks, cut 2.5 cm (1 inch) thick
 - Olive oil, for frying
 - 4 onions, sliced into rings
 - 1/2 tsp fresh thyme leaves
 - 2 garlic cloves, minced
 - 1 - 2 loaves French Country Bread
 - 4 tbsp Dijonnaise (see above)
 - 30 g (1 cup) rocket/arugula
 - 115–225 g (4 - 8 oz) blue cheese, crumbled
 - Sea salt, ground black pepper

place on a plate. Cover tightly with foil and allow to sit in the refrigerator for 10 minutes. Remove and slice steak into strips.

3. Using the same frying pan, heat 3 tablespoons more olive



This recipe serves four. PETER CASSIDY

oil over a medium heat. Add the onion slices and thyme and sauté for 10 minutes, stirring occasionally, until the onion is caramelized. Add the garlic for the last 1–2 minutes.

4. Cut French country bread lengthwise and into large sandwich rolls. Spread 1 tablespoon Dijonnaise on the bottom half

of each bun. Place a layer of the steak strips on top of the Dijonnaise, sprinkle with salt and pepper and top with the caramelized onion rings. Place the rocket on top of the onion rings and sprinkle a handful of blue cheese on top. Cover with the top half of buns. **FROM DIRTY FOOD BY CAROL HILKER. PUBLISHED BY RYLAND PETERS & SMALL (2014).**

Cookbook of the Week

So bad it's good!



In her book *Dirty Food*, Carol Hilker sets out to document the best worst food you'll ever eat. While the trend has been healthy bites, Hilker shows her readers it is still OK to indulge with a range of brunch, bowls, take-out, hot and cold sandwiches, barbecue, wings and ribs; sides, treats and beverages recipes. Included in her book are Chicago-Style Baby Back Ribs, Trinidadian Aloo Pies, Steak Ranchero Burrito, Maine Lobster Omelette, Fried Green Tomatoes, Diner-Style Cherry Pie and more. METRO

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After 18 NHL seasons

Saku Koivu hangs up his skates

Injuries, a battle with cancer and struggles to make the playoffs marked his 13 years in Montreal, but for the generation of fans who grew up in the 1990s and early 2000s, Saku Koivu was the face of the Canadiens.

The memories flooded back Wednesday when the gifted and dauntless centre announced his retirement after 18 NHL seasons, including 10 years as the Canadiens captain.

The Turku, Finland, native played 1,124 NHL games and had 255 goals and 577 assists.

He competed at four Olympics, two World Cups and seven IIHF world championships, winning a gold medal for Finland in 1995.

THE CANADIAN PRESS

In Toronto

Jays sweep Cubs with 11-1 win

Right-hander Drew Hutchison equalled his career best with 10 strikeouts and the Toronto Blue Jays completed a three-game sweep of the Chicago Cubs on Wednesday with an 11-1 victory.

It was the fourth win in a row for the Blue Jays (76-69) and the sixth straight loss for the Cubs (64-82).

Hutchison (10-11) allowed four hits and one run, on a homer by Jorge Soler, over 6 1/3 innings. His other 10-strikeout game was July 1 against the Milwaukee Brewers, also at Rogers Centre.

THE CANADIAN PRESS



Saskatchewan Roughriders quarterbacks Tino Sunseri, right, and Darian Durant talk on the sideline during a pre-season game against the Edmonton Eskimos at Mosaic Stadium on June 20 in Regina. Sunseri landed a starter job after Durant suffered a season-ending injury. BRENT JUST/GETTY IMAGES

Tino Sunseri has his work cut out for him

Sudden starter. As Durant sits out for the season injured, Riders' backup QB gets his place in the sun

on the Tiger-Cats.

"When you're a kid growing up, you want to play pro football and you want to start games and you want to try and put your team in a position to win games," Sunseri said after the team's practice on Wednesday.

"This doesn't really change from the way our quarterback room is, though. From the beginning of the year we have all been coming in and preparing as if we were the starter, making sure that we could help out whoever it was that was playing."

Sunseri added that whether he's the backup or the starter,

his preparation doesn't change drastically. He'll still put in his hours studying game film, he'll download video to his iPad and scour it a little more when he gets home at the end of the day. He'll meet with offensive co-ordinator George Cortez and fellow quarterback Seth Doege, and they'll talk about what they plan to call in certain game situations.

"I'm going to make sure I'm in here studying as much as I can, making sure I'm putting in the extra work and making sure that everybody has that faith in me so that whenever we step on the field that we're going to be competitive and our offence is able to put points on the board," Sunseri said.

Sunseri, in his second season as a Rider, has seen limited playing time this season. He stepped in for an injured Durant in the Riders' Aug. 24 game against the B.C. Lions and threw a touchdown pass that stood as the game-winning score.

His most recent action was Sunday in Winnipeg after Durant exited with an elbow injury. The Riders held on to defeat the Blue Bombers 30-24, which was Saskatchewan's seventh straight victory that pushed the team into second place in the West Division with an 8-2 record. THE CANADIAN PRESS

4
SPORTS

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Rivalry resumes as controversy swirls

NFL. Ravens-Steelers prime-time clash overshadowed by RB Rice's suspension

Four days after opening the season by losing to a division foe at home, the Baltimore Ravens face their most-hated rival in a pivotal game Thursday night.

The matchup against the Pittsburgh Steelers couldn't come soon enough for the Ravens, who finally get to play in the wake of the media firestorm involving Ray Rice.

Following Sunday's 23-16 defeat against Cincinnati, Baltimore had not yet launched its short workweek when a video surfaced showing Rice hitting his then-fiancée in an elevator last February. The incident previously led the NFL



metronews
AR Ravens quarterback Joe Flacco, far right, is under pressure to get the Baltimore offence going without suspended running back Ray Rice on Thursday night against the Steelers. Scan the image for a gallery of news and notes from around the NFL. ROB CARR/GETTY IMAGES

to suspend the running back for two games, but the graphic video prompted the Ravens to release Rice and the NFL to

suspend him indefinitely.

From that point, coach John Harbaugh and his players were bombarded with more

questions about Rice than the importance of avoiding an 0-2 start with two home losses against AFC North opponents.

"It's been a trying time," wide receiver Steve Smith said. "You have to compartmentalize to some part, because if you don't, this is a game that is physical and you can get hurt if your mind is not clear and focused on what you have to do."

Under different circumstances, the Ravens (0-1) and Steelers (1-0) would be asked about the intensity of a rivalry in which 10 of the last 12 games have been decided by three points or fewer. Maybe everyone would be talking about Pittsburgh's second-half collapse against Cleveland last week.

Instead, the topic of conversation was a running back who wasn't supposed to play in this game anyway.

THE ASSOCIATED PRESS



France spoils Spain's fiesta

France forward Florent Pietrus, left, scores on Serge Ibaka of Spain during the FIBA World Cup quarter-finals on Wednesday in Madrid. In the 65-52 win, France defended well and rebounded even better to ruin Spain's quest for a title for a second straight summer. GERARD JULIEN/AFP/GETTY IMAGES



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Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Work and relationship issues have placed a strain on your nerves recently but now you can see a way past your problems. A difficult phase is almost over. Learn from it.

♉ Taurus

April 21 - May 21

Whatever difficulties you face, don't try to blame other people for them. The more you deny that you are responsible, the worse things are likely to get.

♊ Gemini

May 22 - June 21

Your physical and emotional reserves are likely to be a bit depleted, so take it easy today and tomorrow. There are a number of ways you can improve your health.

♋ Cancer

June 22 - July 23

This is generally a positive time for you but don't take too much on trust or you may miss out on a golden opportunity.

♌ Leo

July 24 - Aug. 23

It may seem as if everyone else has been having fun while you've been stuck at home or at work but don't sweat it. Your turn will come — and soon.

♍ Virgo

Aug. 24 - Sept. 23

Today's Sun-Saturn link means you don't have to be assertive, you just have to know what you are doing. Most people fail because they don't have a clearly defined goal, so work out what it is you most desire.

♎ Libra

Sept. 24 - Oct. 23

The most vital thing today is communicating what you have to say plainly. Not everyone possesses your way with words. Make sure they get you.

♏ Scorpio

Oct. 24 - Nov. 22

You may be convinced that your way of doing things is best but you still need to explain and justify your actions to partners and co-workers if you want to get important things done.

♐ Sagittarius

Nov. 23 - Dec. 21

So many things have changed in your life of late that you could do with a few days when they stay just as they are. And that's what is likely to happen as Saturn slows everything down.

♑ Capricorn

Dec. 22 - Jan. 20

Join forces with people who share your concerns, then decide what you can do to make the world a better place. You need to realize though that lasting change takes time.

♒ Aquarius

Jan. 21 - Feb. 19

You have powerful friends but are reluctant to ask them for help. Maybe it's because you don't want to waste trump cards on minor problems.

♓ Pisces

Feb. 20 - March 20

You may not be interested what someone is trying to tell you but if you are smart you will listen and nod your head wisely at the appropriate moments.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

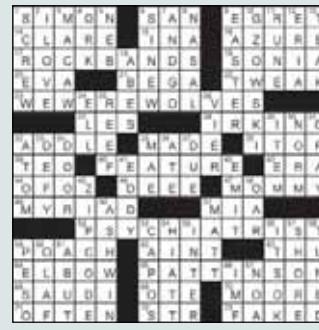
- "Z Nation" extras, new on Space
- "Rocky II" (1979), e.g.
- Panda symbol org.
- In an on-the-ball manner
- Instruct
- "The Honeymooners" star Jackie
- Soldier's stripe shape
- Interest
- CPR giver
- Marcel Marceau's clown
- Tree treat
- "God ha' mercy on such ____..." - Rudyard Kipling
- Online ID addresses
- Intl. clock standard
- Dragonriders of ___ (Anne McCaffrey book series)
- Arctic covering: 2 wds.
- Crude
- Nicole Kidman movie, "The ___" (2001)
- Mix
- Tragically Hip song that goes: "And that's where the hornet stung me...": 4 wds.
- Having foot digits
- CBC's "The Fifth ___"
- Faith [abbr.]
- "Bewitched" mother
- Dial ___ Murder" (1954)
- Actress Ms. Williams
- Thing: Latin
- Space bear
- Refusals
- Any of The Rockies, briefly
- HS subject
- Weight allowance
- BC: ___ Lake Marine Provincial Park
- Spoke
- Desktop imagery: 2 wds.
- Jumping
- Time off, slang-style
- "Perfect!"

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- Supportive sprig
- Angular turns
- Stewing pot
- Docile
- Hillsides
- TGIF part
- "Strange Magic" gr.
- Robert Burns' 'since'
- Factions
- Old English letter
- Longueuil's locale
- "Passchendaele" (2008), for one: 2 wds.
- Intl. commerce group
- Marsh
- Gladiator's 106
- 'It's a ___'

World' (Slogan of the Sci-Fi action/thriller at #1-Across)
24. Snake, for one
25. WWI: Harry Colebourn's "Winnipeg": 2 wds.
27. Smart sounding Saskatchewan spot
29. Coupled
30. Nimby
31. Gadget-for-cheese
32. Nova Scotia's ___ Bay
33. John Buchan, 1st Baron ___ (Governor General of Canada from 1935 to 1940)
35. Jonathan Meyers link
37. Founded [abbr.]
40. 16 Wing Borden, the 'Birthplace of the ___'
43. Hubbub
44. Roman ruler
49. Fashion 'lane'
54. Sevens: French
56. Novel by which Alfred Hitchcock directed the movie version, The Thirty-Nine ___
58. Coffee utens.
60. Swallow
62. Botanical 'coat'
63. ___-Levesque (Montreal boulevard)
64. Uptight
65. Comp. part
66. News network
67. "Diamonds ___ Forever" (1971)
69. Orange Pekoe
70. Road topping

Yesterday's Crossword



Online

See today's answers at
metronews.ca/answers



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

5	9	1	2	6	4	7	3	8
7	4	6	1	3	8	2	9	5
8	2	3	5	7	9	6	4	1
6	7	9	3	1	5	4	8	2
1	3	8	4	2	7	5	6	9
4	5	2	8	9	6	3	1	7
3	1	7	9	4	2	8	5	6
2	8	4	6	5	1	9	7	3
9	6	5	7	8	3	1	2	4

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8	4	1	5		6
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